

# A CITY in A PARK



Little Rock Parks & Recreation Newsletter

February 2016

## Director's Message

Running, jumping, tumbling, playing...as children partake in these activities, they are usually doing simply that: playing. Laughing. Nothing weighing them down. Living in the moment. As they grow older, activity is often motivated by a coach, parent, team mate...organized sports call on boys and girls to dedicate themselves or face the consequences. Now, as an adult, the running and playing is often pushed aside as other obligations/responsibilities take priority. We have families, jobs, committees, schedules...and we have half the energy those youngsters boast! But activity- physical activity- is more important in these latter years than ever. Through exercise and movement, we help our bodies get fit.

February is American Heart Month, and your friends at Parks and Recreation encourage you to take charge of your heart health. Our trails are always available and accessible for a morning, lunch time or evening stroll. You can hop on a treadmill at one of our community centers or get in a few laps at the indoor pool at Jim Daily Fitness & Aquatic Center. Or, take it back to the basics: visit one of our parks. Play and jump and get your heart rate up like a kid again. We won't tell ☺

Also, you can breathe easy knowing we're watching out for your health and safety to: our no-smoking policy still stands to ensure cleaner air and well-being. Thank me later while your heart thanks you now.

Many of you are training and counting down the days to the 14<sup>th</sup> annual Little Rock Marathon. We are busy with logistics, set up and other details. Excitement is growing and this year's race will bring some surprises! If you haven't registered, you better rush to it.

I encourage you to get out and enjoy these mild temps before the frigid days return. But as Punxatawney Phil forecast this week, we just might welcome spring sooner than we think.

And that makes my heart happy.

*Truman Tolefree*



The Urban Forestry crew prepares for a full day of work at their woodshop.

# Triathlon

It's a 2 mile walk/run, 5 miles on the bike, and a 300 yard swim...and it takes discipline and energy to finish! It's a triathlon! A big thanks to everyone who came out and supported our event second Indoor Triathlon at Jim Dailey Fitness and Aquatic Center in January! We hope we continue to grow and do more for you each and every year. Congratulations to all the winners!

**Overall Fastest Competitor** - Jacob Harris with a time of 45 minutes and 50 seconds

**Fastest Female** - Angela Nguyen with a time of 55 minutes and 53 seconds

**Fastest Male** - DeWayne Fisher with a time of 53 minutes and 12 seconds



Now's a great time to get in your park ranger certification and training so you'll be ready when the weather warms up!

Call Karen at 501-371-6844 for more information!

# Mark Your Calendar!

## February—Black History Month American Heart Month



6—Join us at the SoMA Mardi Gras Parade

7—50th Super Bowl Sunday

8—Boy Scout Day (We appreciate our boy scout volunteers!)

9—Mardi Gras/Fat Tuesday

\*Special Election

14—Be My Valentine!

15—Washington's Birthday (Observed)

27—Table Tennis State Championships  
at Jim Dailey Fitness Center

29—Leap Year (An Extra Day to Play!)

Happy February Birthday to these Little  
Rock Parks & Recreation staff members:

Rick Warfield: 1  
John Bryant, Jr.: 1  
Gavin Gray: 5  
Brad Klein: 5  
Eric Bowden: 8

Kevin Page: 10  
Rochelle Burton: 21  
Charles Burks: 26  
Alice Moton: 14  
Drew Cornish: 10

Try this Heart-Healthy Recipe this month!

### Heart Healthy Oatmeal Cookies

1 cup plain fat-free yogurt  
1/2 cup brown sugar substitute  
2 tablespoons buttery spread, such as Smart Balance Original  
2 egg whites  
1 1/2 cups quick-cooking oats  
1/2 cup dried fruit such as cranberries or blueberries  
1/4 teaspoon ground cinnamon  
1/4 cup chopped pecans or almonds

#### Directions:

Preheat oven to 350, line cookie sheet with parchment paper

Combine yogurt, brown sugar blend and buttery spread in a bowl. Mix until light and fluffy. Beat egg whites until soft peaks form. Fold into yogurt mixture. Stir in oats, dried fruit, cinnamon and pecans.

Drop by heaping teaspoonful onto prepared cookie sheet. Press together and flatten with a fork. Bake 20 minutes. Cookies have a moist cake-like texture.



### Contact Us

Give us a call, send an email or visit our offices at City Hall. We welcome your comments!

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